



March 2016

Active Adults-55+

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Line Dancing 9:30am	2 Beginner PB 8:30 BINGO 10am Open Arts Workshop 1pm-4pm	3 Pickleball 9am-12pm Tai Chi 12pm-1pm	4 USS Alabama Depart @ 7:30am Line Dancing 9:30am	5
6	7 Pickleball 9am-12pm	8 Line Dancing 9:30am	9 Beginner PB 8:30 BINGO 10am Open Arts Workshop 1pm-4pm	10 Pickleball 9am-12pm Tai Chi 12pm-1pm	11 Line Dancing 9:30am	12
13 Mobile Symphony Depart @ 2:30pm	14 Pickleball 9am-12pm	15 No Line Dancing	16 Speaker 10am Social Pot Luck 12pm Open Arts Workshop 1pm-12pm	17 Pickleball 9am-12pm Tai Chi 12pm-1pm	18 Line Dancing 9:30am	19
20	21 Pickleball 9am-12pm	22 Line Dancing 9:30am	23 Beginner PB 8:30 BINGO 10am Open Arts Workshop 1pm-4pm	24 Pickleball 9am-12pm Tai Chi 12pm-1pm	25 Line Dancing 9:30am	26 Breakfast with the Bunny @ 8am
27	28 Pickleball 9am-12pm	29 Line Dancing 9:30am	30 Beginner PB 8:30 BINGO 10am Open Arts Workshop 1pm-4pm	31 Pickleball 9am-12pm Tai Chi 12pm-1pm		

CULTURAL CENTER

19470 Oak Road West
Gulf Shores, AL 36542

For more information call

251-968-9818



Gulf Shores Active Adults

(251) 968-9818

aross@gulfshoresal.gov

March 3rd, 7th, 10th, 14th, 17th, 21st, 24th, 28th & 31st —Pickleball— Join us on Monday and Thursday from 9am-12pm here at the Cultural Center Gym for Pickleball. This is a racquet sport that combines elements of badminton, tennis, and table tennis. There is a \$2 charge each day.

March 4th—USS Alabama Battleship— Come and explore the Battleship with us. Cost is \$29/Person. This cost includes a tour of the Battleship, Submarine USS Drum, Aircraft & lunch. The lunch for this day will be The choice of Club, Chicken Salad or Roast Beef & Provolone. With either Pasta Salad or Fruit Salad. All meals come with a brownie for desert. If you would like to sign-up please come to the Cultural Center to pay and reserve your spot. We will depart from the Cultural Center at 7:30am.

March 2nd, 9th, 16th, 23rd & 30th —Beginners Pickleball— Join us on Wednesdays at 8:30am in the Cultural Center Gym to learn how to play the famous sport of Pickleball. Cost is \$2/ Person.

March 2nd, 9th, 16th, 23rd & 30th —Open Arts Workshop— Join us on Wednesdays from 1pm-4pm at the Cultural Center for our Open Arts Workshop. Bring your own projects to spend an afternoon creating and sharing your creations. No instructor. Cost is \$2/Person.

March 9th —South Baldwin Theater— “GYPSY” is the next upcoming Dress Rehearsal at the South Baldwin Theater. This is a gripping story of one of the most frightening aspects of show business. All our tickets are sold out. If you would like to purchase one please contact the Theater Box Office at (251) 968-6721.

March 1st, 4th, 8th, 11th, 18th, 22nd, 25th & 29th —Line Dancing— Join us for Line Dancing at the Cultural Center. Beginner classes will be from 9:30am-10:15am. Beginners Plus classes will be held from 10:30am-11:30am. Complimentary water. Please look at your calendar for dates and times. Cost is \$2/person.

March 15th—No Line Dancing— There will be no Line Dancing Tuesday, March 15th due to the gym being reserved for an event.

March, 2nd, 9th, 23rd & 30th —BINGO— Come have fun and win prizes during BINGO every Wednesday at 10am at the Cultural Center Auditorium. Complimentary coffee, water and snacks. No fee.

March 3rd, 10th, 17th, 24th & 31st —Tai Chi— Join us every Thursday for Tai Chi with Rio Barlow. Tai Chi is a type of martial art known for its defense techniques and health benefits. Cost is \$5 per class. Classes are held in the auditorium at the Cultural Center.

March 16th —Guest Speaker— Social Pot Luck— Join us at the Cultural Center to meet Dr. Chris from Family Tree Chiropractic located in Foley. He will be giving a great informative talk about how to keep your body healthy. For more information call the SPARC Front Desk. Afterwards join us for our monthly Social Pot Luck! We will supply the meat and drinks. To sign-up call (251)968-9818. No fee.

March 13th—Mobile Symphony— It's been said that every time Cherish the Ladies takes the stage, they set the world on fire! Join the ladies and MSO for a St. Patrick's Day party sure to spark the Irish spirit in everyone. And what would St. Patrick's Day in Mobile be without a guest appearance by Celtic ensemble, Mithril? Join us for this all-singing, all-dancing, musical extravaganza! Must have purchased tickets. You can purchase a ticket at MobileSymphony.org. To reserve your spot please call (251)968-9818. The show will start at 2:30pm. Departing from the Cultural Center at 1pm. Cost is \$5 upon arrival.

March 26th—Breakfast with the Bunny— Gulf Shores hosts Breakfast with the Bunny at 8am at the Erie H. Meyer Civic Center. Breakfast includes sausage, bacon, eggs and pancakes. Cost is \$5.00, children 3 and under are free.

NOTE: For all trips our max is 14 and a minimum of 10, cash only.